



# Program Calendar

January to June 2021



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## A little bit more info

A bit more about the types of programs and how to get involved with Out Doors Inc.



# January - June 2021 Programs

The following pages highlight the programs that Out Doors Inc. will be running between January and June 2021. There is a full range of day, overnight and multiple night programs that we are running and we are really excited about being able to get out there with all of you again!

## Process for expressing interest for programs

Please read through the Calendar program descriptions and use the Expression of Interest sheet provided to indicate which programs you are interested in. Please return the Expression of Interest form back to Out Doors either by post (using the return envelope provided), email, or you can give us a call and we'll enter your interest into the program database. Please note that indicating your interest for a program is not a guarantee of being on a program. We have a selection process. If selected, you will be sent an invitation for the specific program closer to the date and asked to confirm if you will be attending or not.

## Key

Low  Medium  High  Creative 

Camping 

Hard Top Accommodation 

## Out Doors Inc. programs –COVID-19 related information and practices

In order to protect participants and staff, Out Doors Inc. is taking a number of practical steps to prevent and minimise infection:

### Avoid spreading illnesses

Washing your hands well with liquid soap and water or alcohol-based hand rub before and after visiting and after coughing or sneezing will help reduce the spread of disease. Cover your mouth with a tissue or your elbow (not your bare hand) when coughing or sneezing and dispose of used tissues immediately and wash your hands.

### Follow any restrictions put in place

Out Doors Inc. has signs at entrances and within the communal areas to inform you of the restrictions and any warning signs when entering the building.

### Stay away if you're unwell

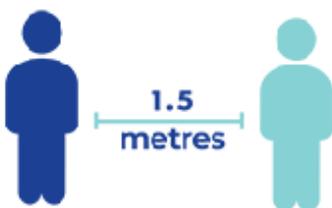
If you have recently been unwell, been in contact with someone who is unwell or you have symptoms of respiratory illness (e.g. fever, cough, shortness of breath, sore throat, muscle and joint pain, or tiredness/exhaustion) please do not attend the activity until your symptoms have resolved. If you have been in contact with a confirmed case of COVID-19 you must stay away until you are clear to come out of self-isolation. A checklist is provided on the next page for you to go through to determine whether or not you are good to come out on an Out Doors program.

Thank you for your assistance in following these steps. These measures will greatly assist Out Doors Inc. to protect participants and staff.

Should you require further information regarding COVID-19, please refer to the Commonwealth Department of Health website:

<https://www.health.gov.au/news/health-alerts/novel-coronavirus-2019-ncov-health-alert>

If you have any queries about the process of accessing programs in 2021, please contact our office Mon-Thur 9:00am to 4:30pm.

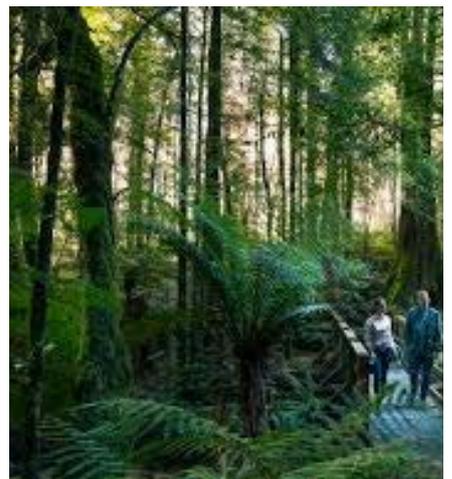


# JANUARY 2021



Mountain biking

Community  
gardens



Bush art

Canoeing



Environment  
centres

Day programs



# January 2021 programs

**Wednesday 13**



## **A Day in the Dandenongs**

Come and enjoy a day in the beautiful Dandenongs. We will be exploring the natural bushland while enjoying the birdlife and the stunning flora. This circuit walk is graded intermediate and expect to walk up to 3 hours that day.

**Thursday 14**



## **Come & Try Canoeing at Yarra Bend - *Ideal for new participants***

Come and join two expert Out Doors Inc canoeing instructors for a day out paddling on the Yarra River. We will get to know one another, develop our paddling skills, learn about the Yarra's flora and fauna and go for a relaxing paddle. The outline will be flexible based on participant needs and the weather conditions. The option of a café lunch.

**Tuesday 19**



## **Kensington Food Forest**

This day trip is designed to showcase some excellent community initiatives that are put in place to protect our planet and keep our community healthy. On this day, we will meander through some beautiful trails and parks tucked away in Kensington to reach the Kensington Community Food Forest where you get to experience what its like to compost and grow your own food. Once at the Food Forest, we will cover composting, planting seeds/seedlings and tending to the beautiful space that it is.

**Thursday 21**



## **Mountain Bike Riding at Lysterfield Lake MTB Park**

A day of Mountain Biking at Lysterfield MTB Park. We will start off with some skill building sessions on the bikes before heading off to explore the trails. Able to cater to various levels of riding experience. Come progress your riding skills in a safe, fun environment.

**Wednesday 27**



## **Bush Eco Art Day**

Come and enjoy a fun day out. Explore how the natural world meets our senses and make some surprising creations inspired by nature. No experience is necessary only a willingness to be open and try something new.

**Thursday 28**



## **CERES Environment Centre - *Ideal for new participants***

Join us for a relaxed day walking along the Merri Creek to the CERES Environmental Education Centre – an Urban Farm, Environmental Education and Social Enterprise Hub in East Brunswick. Throughout the day we will learn about edible weeds that can be foraged in the urban environment, learn about the Merri Creek and its ecological importance and have a tour of the CERES Environmental Education Centre. There will be the option of grabbing a café lunch.

# FEBRUARY 2021



**Surf**

**Walk amongst  
the Redwoods**



**Art programs**

**Go for a rock  
climb**



**Visit some gorges**

**Try camping**



# February 2021 programs

**Wednesday 3 - Thursday 4**

**Overnight at the Macedon Ranges**



A great way to get back into overnight programs with a base camp at a historic homestead and the opportunity for some different walks. We could explore creeks, native bushland or head for the hills.

**Monday 8**

**Rock Climbing at Werribee Gorge**



Whether you're a first timer or experienced, this day trip will be a fun day of learning, challenging yourself, supporting others and of course just simply hanging out in beautiful surroundings. Some fitness is required as there is a 30-minute walk to reach the climbing site. Once at the site, the climbing itself is suitable to all levels of ability and experience. So, join us! You will find that you are capable of much more than you imagined.

**Wednesday 10 - Thursday 11**

**Warburton Red Woods Explore - *Ideal for new participants***



Warburton is full of beauty, and on this two day program we will aim to experience the main highlights in the area. Our accommodation will be nestled in the Warburton Valley with great access to the Red Wood Forests, Mount Donna Buang, La La Falls and even a Buddhist monastery. All of which we will endeavour to experience!

**Monday 15 - Tuesday 16**

**Intro to Camping at Point Leo**



Come along for a fun overnight camping experience. This program is for those of you who might like to try camping for the first time, or maybe have not done it in a while. We will enjoy some time away with friends and go on a couple of coastal short walks.

**Thursday 18**

**Learn to surf**



Let's hit the beach and catch some waves! This day is a great opportunity if you have never tried surfing before, or if it has been a long time in between sessions. We will select a beach that provides us with the best opportunity to get some friendly waves and work on our skills.

**Tuesday 23 - Wednesday 24**

**Overnight at Yarra Ranges - *Ideal for new participants***



Stay in accommodation close to precious remnants of Victoria's ancient rainforests. This overnight trip will explore some of the sights and sounds of the Upper Yarra region; singing rivers, tall mountain trees, verdant walking tracks, historic townships – it's got it all.

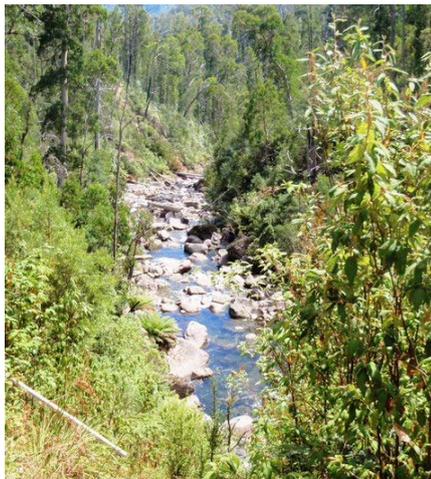
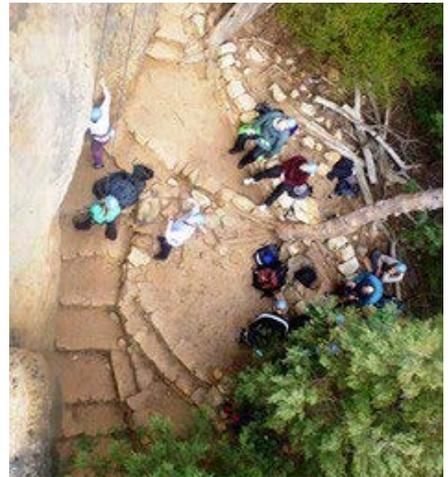
**Thursday 25**

**Bushwalk at Plenty Gorge**



**This area just north of Melbourne is a hidden gem of native** bushland and wetlands. The walk explores these areas that are home to many native animals and is a great opportunity for a day out and the feeling of being very removed from the city.

# MARCH 2021



Rock climbing  
Coastal camps



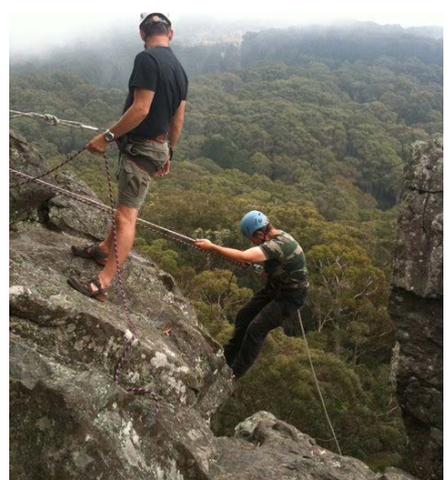
New participant  
days

5-day programs



Bushwalks

Beach explores



# March 2021 programs

**Monday 1 - Friday 5**



## **Mount Arapiles Rock Climbing/Abseiling Camp**

A wonderful 5 day camp at the world renowned Mount Arapiles. You will have plenty of opportunity to learn and improve your climbing skills in a safe and encouraging environment, develop trust in yourself and in others. We will also have the option to swim in the river should we wish to.

**Tuesday 2**



## **Bushwalk at Lerderberg Gorge**

A medium level bushwalk that follows the Lerderberg River. A great day out in the bush..

**Thursday 4**



## **Riverside walk - Ideal for new participants**

Experience some of the beautiful river walking tracks that abound in Melbourne. We'll enjoy a refreshing day out walking along some of the many verdant water ways taking in the rich variety of flora, fauna and refreshing vistas.

**Tuesday 9 - Friday 12**

## **Bass Coast camp and explore**



Come and try camping in a relaxed coastal campground. You will have the opportunity to walk along the beaches and local bush tracks, explore the intertidal zone or simply sit on the beach.

**Monday 15 - Friday 19**

## **Mornington Peninsula**



Welcome to Western Port Bay. With stunning beaches, unique gardens and spectacular walking landscapes, you won't be short of activities to enjoy and places to discover. You also will have plenty of time to relax and to visit picturesque country towns along the way.

**Tuesday 16 - Thursday 18**

## **Intro to camping at Cathedral Ranges**



Spend a night out around the campfire with new friends in the beautiful Cathedral Ranges. An ideal trip for participants to go on to become eligible for Out Doors Inc' multi-night trips. We will learn about local flora and fauna, camping basics, bushcraft skills, go for a walk and cook some delicious food.

# March 2021 programs

**Monday 22 - Friday 26**



## **Wilson's Prom bushwalk**

A high level bushwalk that rewards the efforts involved with hiking with some amazing scenery and a sense of being away from civilisation. We hope to explore some of the best secluded coastline Victoria has to offer over a multi-day hike.

**Monday 29 March - Thursday 1 April**



## **Phillip Island Getaway**

Phillip Island, known as Corryong or Millowl by the Boonwurrung people is famous for its pristine sandy beaches, rugged coastline, Penguin Parade, seal colony's and many sleepy Koalas. This 4 day experience will be filled with beautiful time spent on beaches, watching wildlife, exploring the history of the area and relaxing by the sea.

Accommodation will be at a large beachfront home less than 100m from Smiths Beach.



**Tuesday 30**

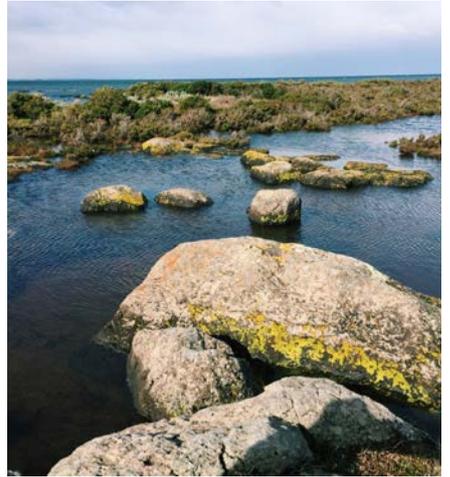
## **Come and Try Canoeing on the Maribyrnong River**

Ideal to progress your canoeing! Join two expert Out Doors Inc canoeing instructors for a days paddle on the Maribyrnong River.

We will develop our paddling skills and learn about the Maribyrnong's flora and fauna.

An ideal trip to go on prior to the White Water paddling trip in April.

**APRIL  
2021**



**Environment  
centres**

**White water  
paddling**

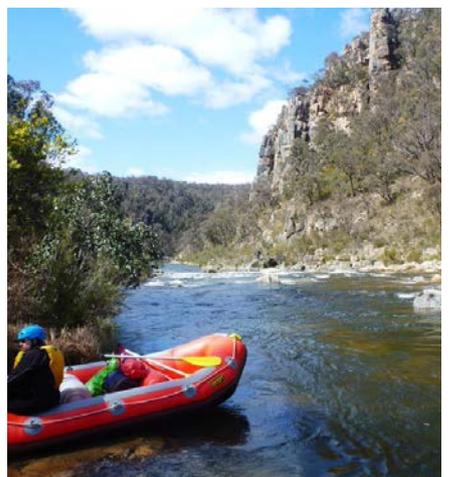


**Marine reserves**

**Canoeing**

**Looking after  
yourself**

**Exploring  
environments**



# April 2021 programs

**Thursday 8**

**Jawbone Marine Sanctuary Walk**



Come and enjoy a walk along some of Melbourne's most spectacular coastal reserves. From our starting point at Williamstown Beach we will follow the Bay Trail as it follows the coastline west. We will spend some time admiring the Jawbone Marine Sanctuary and arboretum and then continue along the trail as it takes us through the Jawbone Flora and Fauna Park.

**Monday 12 - Friday 16**

**Surf Coast Holiday**



Come along for a 5 day camping holiday down at the surf coast of south-western Victoria. Enjoy the fresh air, good food and relaxed walks along the coast.

**Thursday 15**

**CERES Environment Centre - *Ideal for new participants***



Join us for a relaxed day walking along the Merri Creek to the CERES Environmental Education Centre – an Urban Farm, Environmental Education and Social Enterprise Hub in East Brunswick.

Throughout the day we will learn about edible weeds that can be foraged in the urban environment, learn about the Merri Creek and its ecological importance and have a tour of the CERES Environmental Education Centre. There will be the option of grabbing a café lunch.

**Monday 19 - Friday 23**

**Mornington Peninsula Yoga holiday (Balnarring)**



This is a popular getaway for good reasons: we will focus on healthy living with daily sessions in relaxation techniques and gentle yoga with a qualified yoga therapist. Stay in comfortable accommodation situated in Balnarring, an ideal location to explore the many varied scenes and inspiring walks around the Mornington Peninsula.

**Thursday 22**

**Yarra River White Water Paddle**



Join us for an exciting white water paddle on the upper Yarra River. A great trip to develop your white water paddling skills. We will spend the day navigating our way through the small rapids and drops of the upper Yarra River. Ideal for those wanting an introduction to our longer white water rafting trips.

**Monday 26 - Friday 30**

**Bushwalking & Canoeing at Great Otway National Park**



Nestled amongst Koala trees between the ocean and the Great Otway National Park, our bush campsite is the ideal place to unwind surrounded by beautiful bushland and the spectacular coast of the Great Ocean Road. Activities include a variety of easy to intermediate coastal bushwalks and canoeing the Aire river nearby.

**Tuesday 27 - Wednesday 28**

**Goldfields Explore**



From our accommodation, this overnight trip will sample the sights and sounds of some of the areas west of Melbourne and into the Goldfields area.

**MAY  
2021**



**Coastal exploring**

**Get creative**



**River journeys**

**Camping and  
hard-top  
programs**



**Trails through  
parks**

**Immerse yourself**



# May 2021 programs

**Monday 3 - Friday 7**

**Murray River Canoe Journey**



Welcome to the Murray River, rising near Mount Kosciuszko and flowing all the way to the Southern Ocean in South Australia. At 2,520km, this river is the third longest navigable river in the world, right after the Amazon and the Nile.

On this journey, we will canoe down the Murray River, stopping at beaches, observing the stillness of the environment and staying a new campsite each night. We will be sleeping in tents, cooking on the beach and gazing at the starry night sky.

**Monday 3 - Friday 7**

**Northern Grampians**



Come out and explore the magnificent Grampians on a huge range of walks and rambles to awe inspiring vistas and magical glens in this renowned part of Victoria.

**Monday 10 - Tuesday 11**

**Overnight Coastal Escape**



Join us for an overnight trip in hardtop accommodation on the Mornington Peninsula.

We will explore the beaches around the local area, cook up some delicious food and soak up the relaxed coastal surrounds.

An ideal trip for participants to go on to become eligible for Out Doors Inc' multi-night trips.

**Thursday 13**

**Come & Try Bushwalking at Kinglake NP**



Getaway to Kinglake National Park for some bushwalking. Other than tall forest and gullies, highlights may include Lyrebirds often heard and sometimes seen near the walking track. The walk has uphill sections and is graded intermediate with walking time up to 3.5 hours with plenty of rest and snack stops.

**Monday 17 - Friday 21**

**Creative Airey's Inlet**



Staying in comfortable resort style accommodation situated on the spectacular Surf Coast, within easy reach of many pristine bush & coastal walks and environments. Alongside beautiful walks, we can enjoy interesting mindfulness and creative activities to deepen our appreciation and get us all inspired and rejuvenated.

**Wednesday 19**

**Bushwalking at Werribee Gorge State Park**



A great day of bushwalking the incredible Werribee Gorge Circuit. Good fitness required for this bushwalk.

**Monday 24 - Friday 28**

**Shipwreck Coast**



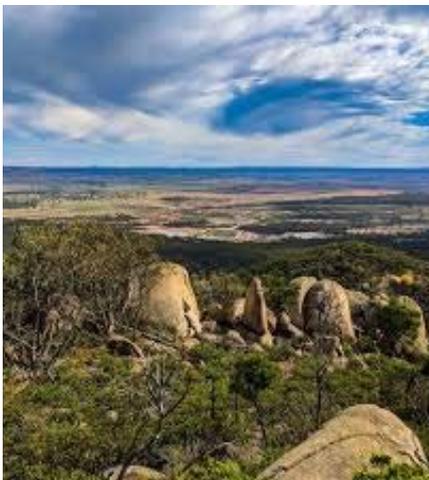
Come and experience an amazing part of the Victorian coastline. From our basecamp we have options to explore spectacular coastal scenery such as the Twelve Apostles; follow parts of the Whale Trail and try to spot some of the majestic creatures; and delve into wildlife spotting and learning about early histories at sites such as Tower Hill. There will be many walking options available to us by day, and we will endeavour to enjoy the evenings by the warmth of a fire.

**JUNE  
2021**



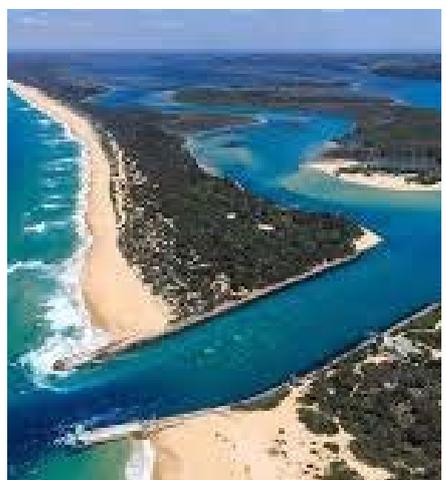
**Winter exploring**

**A range of day  
programs**



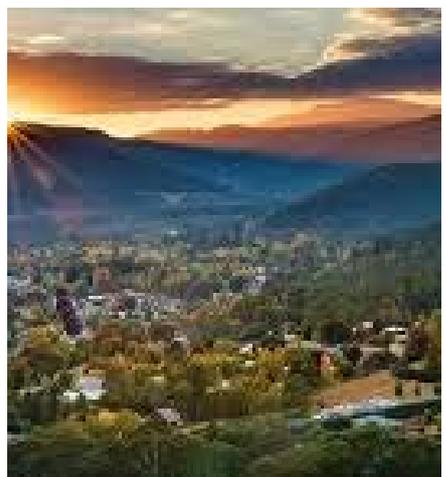
**Walks in the hills**

**Warmth by a fire**



**Into the caves**

**Rambling around  
rocks**



# June 2021 programs

**Tuesday 1**

**Explore Hanging Rock - *Ideal for new participants***



Come and enjoy a relaxing day out at the iconic Hanging Rock. You will have the opportunity to walk up to the top or a more gentle circuit around the mountain.

**Wednesday 2**

**Come & Try Caving at Britannia Creek Caves**



Britannia Creek Caves are a great first time adventure cave for anyone who is yet to go caving, but remember this is not your average ODI experience.

You will be crawling on your hands and knees, scrambling over rocks, sliding, navigating some tight spaces, exploring hidden caverns and getting wet and muddy. This adventure can be quite physical but guaranteed it is worth the effort.

**Thursday 3**

**Exploring the You Yangs**



A medium level bushwalk around the amazing granite peaks of the You Yangs. Great views across the landscape taking in Geelong and Melbourne are part of the reward.

**Monday 7 - Friday 11**

**High Country Getaway**



From our cosy lodge near Mt Beauty, Bright and the stunning Alpine National Park, enjoy the peace and serenity of a relaxing wintery holiday while gazing at the log fire in the evening and socialising with the group. We will also explore local areas and go on scenic and easy bushwalks throughout the week.

**Monday 7 - Friday 11**

**Australian Alps Adventure**



Head for the hills with ODI and pack your bags to explore Victoria's High Country. With all the stunning mountains, valleys, rivers and lakes there is ample adventure to be had.

With weather cooling off, we will be staying in accommodation where we will head out into the national parks to explore the many beautiful trails, rivers and towns around the area.

# June 2021 programs

**Wednesday 16 - Thursday 17**



## **Coastal Getaway**

Coastal overnight break staying in a comfortable accommodation and exploring some of the beautiful natural environments around Mornington Peninsula. This program is perfect for those who would like a quiet time away from the hustle and bustle of the city.

**Wednesday 16**



## **Come & Try Canoeing at Yarra Bend - *Ideal for new participants***

Come and join two expert Out Doors Inc canoeing instructors for a day out paddling on the Yarra River. We will get to know one another, develop our paddling skills, learn about the Yarra's flora and fauna and go for a relaxing paddle. The outline will be flexible based on participant needs and the weather conditions. The option of a café lunch.

**Monday 21 - Friday 25**



## **Winter Hinterland Adventure**

A week long get away, a perfect opportunity for you to escape and be totally surrounded by spectacular bushland and diverse wildlife in the cooler climate of the year.

**Monday 21 - Friday 25**



## **Gippsland Region Explore**

From our accommodation base we will explore the Gippsland area. There are many amazing locations including beaches, lakes, mountains and areas of lush green trees. This will be a great way to spend a week of Winter.

**Tuesday 29**



## **Bushwalking at Brisbane Ranges National Park**

Let's go in the open and discover some picturesque bush trails together! Bushwalking is a great way to get fitter and to enjoy the outdoors with friends. There will be opportunities for you to learn some bushwalking skills like map reading and navigation. This intermediate-level walk is up to 3 hours in length on undulating terrain.

# A little bit more about the programs

## Equipment

Out Doors Inc. provides all the equipment for the activities we run. This includes good quality waterproof jackets and over pants so we can still have fun in the rain. Generally on day programs, all you need to bring are some comfortable clothes to suit the weather, a hat and a drink bottle.

However, it is always a good idea to check each trip invitation you receive to make sure there are no additional items you need to bring.

NB: Please note that this calendar is correct at time of printing but is subject to change.

## Types of programs

### **'Ideal for New Participants' Days**

These programs are the first step for new participants and are designed to provide an insight into the types of activities that are available. This is also an opportunity for new participants to get to know staff and other participants.

### **Come & Try**

Come & Try are a great opportunity to give new activities a go. If you have ever wondered what it would be like to go rock climbing or canoeing then Come & Try are the times to let your curiosity get the better of you.

### **Overnight Programs**

Overnight programs are a great way to get away from the city for a few days, to have a more in - depth go at some of the activities that we run and enjoy the peace of the bush.

### **Sequential Programs**

Sequential Programs offer you an opportunity to develop your skills in a particular activity over a number of weeks and may include overnight camps.

## Program costs

Program costs are determined by which funding stream you are eligible for. Please get in touch with Out Doors for more information.

## Agency Services

We are able to offer additional tailored programs to agencies utilising our unique skills and approach. For further information about this aspect of our service, please contact our office or visit our website on [www.outdoorsinc.org.au](http://www.outdoorsinc.org.au).

## How to become involved

To get involved participants need to have a diagnosed mental health issue and be aged 16 and over and living in the North or East metropolitan region of Melbourne. Participants who have an NDIS plan are also eligible to apply.

### First step in registering with Out Doors

People who wish to refer someone or themselves to Out Doors must first fill out a Referral Form which can be downloaded from the website or by contacting our office. The completed form can be returned to us either in person, via email, post or fax. Contact details can be found on the back of this booklet.

### Invitation to Participant Information Session

Once the completed referral form is received, your details will be placed on a waiting list. When your name comes to the top of the list, Out Doors will invite you (and if relevant, your support person) to attend a short information session held at our office.

## Become a member

If you would you like to support Out Doors achieve its mission of providing affordable outdoor adventure and holiday opportunities to people living with a serious mental illness, then why not become a member. If you are already a member, we would love to receive your continuing support. Being a member of ODI enables you to attend and participate in our AGM, vote for new council members and to nominate yourself to stand for Council.



## About Out Doors Inc.

Out Doors Inc. started in 1987. We provide planned respite and specialist outdoor activity programs. We promote adventure in nature as a great approach to better health. Through our programs, participants find opportunities to get away from the 'day-to-day' and out into the bush with friendly groups. We offer a range of programs from gentle introductory activities and recreational experiences to challenging adventures.





## Connect with us

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